

# Hubungan frekuensi menyusui dengan onset laktasi pada ibu multipara di Jakarta Timur = Correlation of breastfeeding frequency and onset of lactation among multipara mother in East Jakarta / Andini Restu Marsiwi

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Abstrak

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Onset laktasi terlambat dapat menjadi salah satu faktor risiko kegagalan pemberian ASI eksklusif. Ibu yang mengalami onset laktasi terlambat juga berisiko melakukan pemberhentian pemberian ASI lebih cepat. Ibu multipara dapat mengalami keterlambatan onset laktasi dan gagal memberikan ASI eksklusif, sehingga onset laktasi pada ibu multipara perlu untuk diperhatikan. Penelitian ini bertujuan untuk mengidentifikasi korelasi antara frekuensi menyusui dengan onset laktasi pada ibu multipara. Desain penelitian yang digunakan adalah deskriptif analitik dengan pendekatan kohort prospektif pada 148 ibu multipara postpartum di Jakarta Timur. Sampel dipilih dengan tehnik consecutive sampling. Analisis dilakukan dengan uji korelasi Spearman dan regresi linier. Hasil penelitian menunjukkan bahwa frekuensi menyusui dan tingkat stress berhubungan signifikan dengan onset laktasi ibu multipara  $p=0,001$ . Semakin jarang frekuensi ibu menyusui bayinya maka onset laktasi ibu bertambah berpotensi lebih lama sebesar 0,237 hari. Semakin tinggi tingkat stress ibu maka onset laktasi berpotensi bertambah lebih lama sebesar 0,135 hari. Penelitian ini merekomendasikan petugas kesehatan untuk mendorong ibu sering menyusui bayinya dengan mengenali tanda-tanda stress pada ibu postpartum di awal masa menyusui. Tindakan intervensi untuk menurunkan stress perlu dilakukan untuk membantu mendorong terjadinya onset laktasi.

**ABSTRACT**

Correlation between Breastfeeding Frequency and Onset of Lactation among Multipara Mother in East Jakarta. Delayed onset of lactation is one of risk factor of unsuccessful effective breastfeeding. Mother who get delayed onset of lactation are in a risk of early breastfeeding cessation. Delayed onset of lactation and unsuccessful effective breastfeeding can be happen to multipara mother, so that some attention about onset of lactation need to paid to them. The aim of this study was to identify correlation between breastfeeding frequency and onset of lactation among multipara mother. The research design of this study was analytic descriptive with cohort prospective approach. The subjects of this study were 148 postpartum multipara mother in East Jakarta, selected by consecutive sampling technique. The Spearman correlation test and linear regression are used in the analysis of this study. The result showed significant correlations between breastfeeding frequency, stress level and onset of lactation  $p 0,001$ . One less frequent mother breastfeed her baby, the longer timing of the onset of lactation at about 0,237 day. The higher mother's level of stress, timing of the onset lactation would be longer 0,135 day. Finding of this study give recommendation for the health care worker to encourage mother to breastfeed her baby frequently and recognise the symptom of stress at postpartum mother in their early phase of breastfeeding. Some interventions to reduce mother's level of stress need to be established to help the onset of lactation comes.